
NEWSLETTER

How Long Should We Sleep? The Ideal Matching Pattern between Sleep Time and Academic Achievement of High-school Students

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ADEQUATE sleep time, good psychosomatic development environment, and high-quality academic achievement are necessary conditions for educational success. Based on this, a study published in *Journal of East China Normal University (Educational Sciences)*, relying on the data of the Quality and Health Check-up Program of China Basic Education Quality Monitoring Coordination Center, explored the ideal matching model between students' high academic achievement and sleep time on the basis of students psychosomatic development and a good educational environment, and providing multi-level early-warning to schools that sacrifice students' sleep time in exchange for good scores. The results show that:

- In general, high school students have the best academic performance when they sleep more than nine hours. And those students enjoy a higher interest in learning, less stress, better learning quality, higher activity participation, more harmonious interpersonal relationships, and more happiness.
- For schools with low socioeconomic status, students who get the best grades when they sleep between eight to nine hours have higher interest, less stress, better learning quality, more activity participation, harmonious interpersonal relationships, and more happiness. This shows that in the school environment with an overall lower socio-economic background, students need to pay a certain amount of time and effort to achieve good grades, and the best performance can only be achieved on the basis of at least eight hours of sleep, which guarantees a healthy educational environment.
- For schools with high socio-economic status groups, students who get the best grades when they sleep for more than eight hours have higher interest, lower stress, better learning quality, more ac-

tivity participation, more harmonious interpersonal relationships and more happiness.

The study suggests that high achievement should not come at the expense of less sleep, regardless of the socio-economic status of the school. Keeping students' sleep time at or above eight hours is an ideal matching mode for schools to ensure students' physical and mental health development and to create a good educational environment. It's suggested that the administrators, schools, teachers, and parents should hold positive values and understand the relationship between students' sleep time and academic performance. For schools that blindly pursue high grades at the expense of students' sleep time, a multi-level early-warning mechanism should be established and their rectification should be supervised.

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